

BRIDGES

WEDNESDAY, MARCH 19, 2014

SPACES:
Legends Centre
attracts skaters from
beginners to pros **P. 8**

ON THE SCENE:
An air hanger transforms
into Saskatoon style
mecca at Ensemble **P. 18**

FASHION:
Dani Mario's pansache
on the air and on the
street **P. 22**

A STARPHOENIX COMMUNITY NEWSPAPER

RUN FOR YOUR LIFE

FROM ETHIOPIA
TO SASKATCHEWAN,
TED JALETA HAS BECOME
A LEGEND ON TWO FEET
P. 10



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INVENTORY

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BRIDGES PHOTOS
BY MICHELLE BENS

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INDEX

ON THE COVER PG. 10



Teal Jaitca (left) during a training session for the training group he leads. An instructor in the Saskatoon Sports Hall of Fame Jaitca arrived here in 1987 as an Ethiopian refugee. BRIDGES PHOTO BY MICHAEL BELL.

TABLE OF CONTENTS

INVENTORY — 2

Homegrown-queens from Nirvana

CITY FACES — 4

How one woman's group is encouraging her peers to approach aging with confidence and grace

IN THE CITY — 8

Moment in Time: Michelle Biegl's best shot of the week

MY FAVOURITE PLACE — 7

Winter chill makes indoor track at Saskatoon Field House necessary

SPACES — 6

Legends Cardie in Warsaw attracts dancers from beginners to the pros

ON THE COVER — 10

From Ethiopia to Saskatoon: Teal Jaitca has become a legend on two feet

MUSIC — 18

PARENT TO PARENT — 17

Parents share tips to help soothe a crying baby

ON THE SCENE — 16

An air hanger transforms into a Saskatoon style arena at Carvea Presents Ensemble

ASK ELLIE — 20

CROSSWORDS/SAVED — 21

FASHION — 22

CSC's Dani Mento's pinetree on the street and on the air

WINE WORLD — 24

Back the bottle and choose a less-popular Portuguese blend

EVENTS — 28

OUTSIDE THE LINES — 29

Artist Stephanie McKay's weekly colouring contest

GARDENING — 30

Hardy but undressed ornamental perennials attract two landscaping pros

READ MY BOOK — 31

Adam Potto's Month's Dreams: The Journal of Dr. Dexter Riley

MY FAVOURITE PLACE PG. 7



Sarah De Goo Santos stands out at the Saskatoon Field House, her favourite place in Saskatoon. BRIDGES PHOTO BY MICHAEL BELL.

BRIDGES COVER PHOTO BY MICHAEL BELL

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CITY FACES

#MERI MISFITS

Group encourages seniors to age gracefully



The Meri Misfits perform at St. Andrew's Presbyterian church in Saskatoon. The group encourages their fellow seniors to embrace life and their health through fun musical acts to boost health and happiness.

By Edna Manning

A group of seniors is helping their fellow elders stay young at heart.

"Through music, dance, and meaningful performance in a fun and memorable way, our goal is to encourage our fellow seniors to age gracefully," says Marilyn Pelly, president and director of the Meri Misfits.

Founded in 1986, the Meri Misfits, "chatterboxes," as she calls them, provide educational entertainment to men and women in seniors' residential complexes.

Founder of the group and retired

gerontology professor Don Braden-Weir says falling is a major concern for the elderly. Encouraging seniors to be active and educating them on how to prevent falls is the most effective way to avoid the problem.

"We stress the importance of exercise in maintaining balance, muscle and bone strength and general good health," says Pelly.

"Our skills and songs are written by the Meri Misfits and emphasize exercise as a central way."

The group uses familiar melodies but changes the wording. Misfit member Fran Gordon is an accomplished pianist, while another, Betty

Huskins plays the guitar.

Many seniors are reluctant to be seen with a walker, cane, or hearing aid for the first time.

But all the technical aid and aid so technical aids that are available can make life so much easier for seniors," says member Margaret Campbell. "We refer to them as 'images of heaven' and by utilizing these we are telling people we value our health and enjoy life."

The Meri Misfits criterion for about 60 minutes after which a health professional from the Saskatoon Health Region makes a short presentation, often focusing on how

seniors can prevent falls, where to go for assistance if they have a fall and what resources are available.

"I think the age similarities are important. We have the same kind of problems, the same kind of interests," says Carol Olson.

"We put the preacher face on our own challenges of aging, because we identify with seniors and they with us," adds Inger Anderson.

Over the years, the group has formed a special bond. Members enjoy getting together and having a good time, as well as supporting one another through difficult times. People often ask to join the group af-

ter hearing them perform, and their membership almost doubled after a 2011 article in the Saskatoon Sun.

The group generally meets twice a month from September until June. While performances take place at seniors' residences, they also perform at a variety of conferences. They've even taken the show on the road to Roosterham, Wakarusa, Hiram, and Sarnia. The group is often booked months in advance.

Anyone interested in joining the Meri Misfits should contact Marilyn Pelly at 366-016-7460. To book a performance, call Carol at 366-276-1952, or Inger at 366-707-3835.



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IN THE CITY

MARCH 16, 2014 — 12:20 P.M.

Brain blast



Amylin Paris cuts out the model Magnetic Resonance Imaging (MRI) machine at Brain Blast — the public passport into the brain. The display showcases how MRIs enhance health diagnosis. The Saskatoon City Hospital's vision was transformed into a maze of stations highlighting the different brain areas and the basics of brain function for Brain Awareness week in Saskatoon. [Mikaela Perle in MICHELLE](#)

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon. Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Winter chill makes indoor track essential

By Sean Trembath

In the warmer Saskatoon has plenty of beautiful spots to go for a run.

Winter is a different story. The wind and cold make it tough to get out, and this winter has been particularly brutal.

Luckily, there are facilities where local runners can still get their jog on. For Sarah De Lee, founder of the Saskatoon Pickhouse, is the best of them.

On any given night, you'll find runners of all ages and skill levels making their way around the indoor track and attending various fitness classes and seminars at the facility.

De Lee herself took a quick break during a recent night of running to tell us about her time at the Pickhouse.

Q: How often do you come here?

A: Probably about once or twice a week. I used to come a lot more. I love the track. It's good for running.

Q: What is it about the track you like so much?

A: It's the best indoor track in Saskatoon. The other ones are smaller, but this is nice and spacious.

Q: Is there a particular time you like to come?

A: I come in three evenings. It's a really nice night run (around 7 p.m.) It's not too busy.

I come here during the winter. During the summer I run outside. So I'll be here until the snow starts up.

Q: How long have you been coming here?

A: I've been running at the Pickhouse since high school. Many years.

Q: Do you take part in the other programming available here?

A: I used to, but not so much any more. I just run the track now, but I used to do the fitness classes.

Q: Is the programming here run well?

A: Oh yeah, I would say so. They have a lot of programs that are good for anyone. Any age, from youth to seniors. It includes everyone in the city. I like it.

Q: Is it important for the city to have these kinds of facilities?

A: The leisure centres are definitely important. You can use any one in the city. It's great to have that option to go wherever you want.



Sarah De Lee Sprints runs every week at her favourite place in the city: the Saskatoon Field House. *Illustration by JENNIFER MANN*

SPACES

Spaces celebrates beauty both indoors and out.
If you have a room we should see email
bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

Ice made for the pros

By Jenn Sharp

The Legends Centre in Warman was designed with all ages and abilities in mind. The multi-purpose recreational facility has become a community hub in a place where hockey is king supreme. Those involved in the sport know that long days on the rink are all part of the game. The expansive and functional arena in the Legends Centre makes those long days all the better.

The centre attracts everyone from the Saskatchewan Raiders hockey team which is currently holding training camps and practices there to youngsters learning how to skate. The arena facility is smaller than the rink flanked by rubber boards, separated from the arena is usually a bustling place, filled with the hockey stars of tomorrow.

WHAT? The Legends Centre included an ice hockey arena with seating for 1,100 and a leisure ice area, one of the first in Saskatchewan. Also on the ground floor are two gymnasiums each with three full-sized courts. The next gym is shared with the new Warman Community Middle School which is attached to the centre. Anytime Fitness and Warman Sports Inc. lease space on the second floor where there are also meeting rooms and a food court.

WHERE? 100-Continental Blvd., Warman (20 km north of Saskatoon)

WHO? Heather Chaffield: recreation promotions and marketing supervisor

WHEN? The arena opened in January 2011. The gym followed in October 2012 and April 2013. Staff recently moved into offices on the second floor. The landscaping will be completed this year. A child-minding program will also begin this year for patrons.



SPACES



WHY? "The demand is definitely there. We're still using the old rink in town — both are completely full and booked up. Lots of people like coming out here from Saskatoon. The Saskatoon Speed Skating Club came out here and did some competitions. The Blades are now doing their training camp and pre-games here."

HOW? "When they originally looked at building (the Legends Centre) they tossed around to facilities in Saskatoon and Alberta, and saw a few future ice facilities in Alberta. When we the main one is brought in they can use this one. It means for many-to skate, lots of the smaller kids get overexcited from being on the big ice. It is a treat for parents and kids alike and winter."

"This will be the first year that we'll keep the ice in all summer. We're just trying to build up our client base and get some summer camps going. It's getting your name out there (about summer ice availability)."

"The kids at this town are lucky, lucky!" They love hockey, they'll probably be here all summer skating. It wouldn't surprise me — we don't have a pond in town so they'll have to come skating."



Nuts About Nature At Beaver Creek Conservation Area



Hi, kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Borrow a family Nature Activity Nut-Pac and hike a trail... nature awaits!

Guess what, kids? You can send your questions to me at the address below.

Dear Chip,

Where do ants go in the winter?
Ameija



Dear Ameija,

Good question. It's colder that you don't find ants scurrying over the snow, isn't it? It turns out that ants, like most insects, don't do very well in the cold. Ants don't have fur or feathers to keep them warm. Ants are "cold blooded", which means that their body temperature is the same as their surroundings. So when it gets cold outside, an ant's body temperature drops and its movements become slow and sluggish. To overcome these challenges, some kinds of ants migrate deep underground where the soil temperature stays above freezing. In fact, some ant nests can be over 4 meters below the surface of the soil! Ants that live in areas where it is too cold to gather food during the winter, may store food in their colonies so that they do not starve. Can you think of any other animals that store food for the winter? I know we beavers do, how about you?

Send your questions to me at the address below, then watch Bigger for the answers

Your pal, Chip

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Beaver Creek Pioneer Scout Group - Scout Group #1, 14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100-101-102-103-104-105-106-107-108-109-110-111-112-113-114-115-116-117-118-119-120-121-122-123-124-125-126-127-128-129-130-131-132-133-134-135-136-137-138-139-140-141-142-143-144-145-146-147-148-149-150-151-152-153-154-155-156-157-158-159-160-161-162-163-164-165-166-167-168-169-170-171-172-173-174-175-176-177-178-179-180-181-182-183-184-185-186-187-188-189-190-191-192-193-194-195-196-197-198-199-200-201-202-203-204-205-206-207-208-209-210-211-212-213-214-215-216-217-218-219-220-221-222-223-224-225-226-227-228-229-230-231-232-233-234-235-236-237-238-239-240-241-242-243-244-245-246-247-248-249-250-251-252-253-254-255-256-257-258-259-260-261-262-263-264-265-266-267-268-269-270-271-272-273-274-275-276-277-278-279-280-281-282-283-284-285-286-287-288-289-290-291-292-293-294-295-296-297-298-299-300-301-302-303-304-305-306-307-308-309-310-311-312-313-314-315-316-317-318-319-320-321-322-323-324-325-326-327-328-329-330-331-332-333-334-335-336-337-338-339-340-341-342-343-344-345-346-347-348-349-350-351-352-353-354-355-356-357-358-359-360-361-362-363-364-365-366-367-368-369-370-371-372-373-374-375-376-377-378-379-380-381-382-383-384-385-386-387-388-389-390-391-392-393-394-395-396-397-398-399-400-401-402-403-404-405-406-407-408-409-410-411-412-413-414-415-416-417-418-419-420-421-422-423-424-425-426-427-428-429-430-431-432-433-434-435-436-437-438-439-440-441-442-443-444-445-446-447-448-449-450-451-452-453-454-455-456-457-458-459-460-461-462-463-464-465-466-467-468-469-470-471-472-473-474-475-476-477-478-479-480-481-482-483-484-485-486-487-488-489-490-491-492-493-494-495-496-497-498-499-500-501-502-503-504-505-506-507-508-509-510-511-512-513-514-515-516-517-518-519-520-521-522-523-524-525-526-527-528-529-530-531-532-533-534-535-536-537-538-539-540-541-542-543-544-545-546-547-548-549-550-551-552-553-554-555-556-557-558-559-560-561-562-563-564-565-566-567-568-569-570-571-572-573-574-575-576-577-578-579-580-581-582-583-584-585-586-587-588-589-590-591-592-593-594-595-596-597-598-599-600-601-602-603-604-605-606-607-608-609-610-611-612-613-614-615-616-617-618-619-620-621-622-623-624-625-626-627-628-629-630-631-632-633-634-635-636-637-638-639-640-641-642-643-644-645-646-647-648-649-650-651-652-653-654-655-656-657-658-659-660-661-662-663-664-665-666-667-668-669-670-671-672-673-674-675-676-677-678-679-680-681-682-683-684-685-686-687-688-689-690-691-692-693-694-695-696-697-698-699-700-701-702-703-704-705-706-707-708-709-710-711-712-713-714-715-716-717-718-719-720-721-722-723-724-725-726-727-728-729-730-731-732-733-734-735-736-737-738-739-740-741-742-743-744-745-746-747-748-749-750-751-752-753-754-755-756-757-758-759-760-761-762-763-764-765-766-767-768-769-770-771-772-773-774-775-776-777-778-779-780-781-782-783-784-785-786-787-788-789-790-791-792-793-794-795-796-797-798-799-800-801-802-803-804-805-806-807-808-809-810-811-812-813-814-815-816-817-818-819-820-821-822-823-824-825-826-827-828-829-830-831-832-833-834-835-836-837-838-839-840-841-842-843-844-845-846-847-848-849-850-851-852-853-854-855-856-857-858-859-860-861-862-863-864-865-866-867-868-869-870-871-872-873-874-875-876-877-878-879-880-881-882-883-884-885-886-887-888-889-890-891-892-893-894-895-896-897-898-899-900-901-902-903-904-905-906-907-908-909-910-911-912-913-914-915-916-917-918-919-920-921-922-923-924-925-926-927-928-929-930-931-932-933-934-935-936-937-938-939-940-941-942-943-944-945-946-947-948-949-950-951-952-953-954-955-956-957-958-959-960-961-962-963-964-965-966-967-968-969-970-971-972-973-974-975-976-977-978-979-980-981-982-983-984-985-986-987-988-989-990-991-992-993-994-995-996-997-998-999-1000-1001-1002-1003-1004-1005-1006-1007-1008-1009-1010-1011-1012-1013-1014-1015-1016-1017-1018-1019-1020-1021-1022-1023-1024-1025-1026-1027-1028-1029-1030-1031-1032-1033-1034-1035-1036-1037-1038-1039-1040-1041-1042-1043-1044-1045-1046-1047-1048-1049-1050-1051-1052-1053-1054-1055-1056-1057-1058-1059-1060-1061-1062-1063-1064-1065-1066-1067-1068-1069-1070-1071-1072-1073-1074-1075-1076-1077-1078-1079-1080-1081-1082-1083-1084-1085-1086-1087-1088-1089-1090-1091-1092-1093-1094-1095-1096-1097-1098-1099-1100-1101-1102-1103-1104-1105-1106-1107-1108-1109-1110-1111-1112-1113-1114-1115-1116-1117-1118-1119-1120-1121-1122-1123-1124-1125-1126-1127-1128-1129-1130-1131-1132-1133-1134-1135-1136-1137-1138-1139-1140-1141-1142-1143-1144-1145-1146-1147-1148-1149-1150-1151-1152-1153-1154-1155-1156-1157-1158-1159-1160-1161-1162-1163-1164-1165-1166-1167-1168-1169-1170-1171-1172-1173-1174-1175-1176-1177-1178-1179-1180-1181-1182-1183-1184-1185-1186-1187-1188-1189-1190-1191-1192-1193-1194-1195-1196-1197-1198-1199-1200-1201-1202-1203-1204-1205-1206-1207-1208-1209-1210-1211-1212-1213-1214-1215-1216-1217-1218-1219-1220-1221-1222-1223-1224-1225-1226-1227-12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ON THE COVER

Early on I ran because of necessity... And then I did it for pleasure. — Ted Jaleta

TED JALETA

The unstoppable life of a running legend

By Arielle Zarr

Ted Jaleta has been running since the day he was born.

"Early on I ran because of necessity," Jaleta explained. "And it helped me run away from war, and then I did it for pleasure."

In the remote Ethiopian village where he grew up, there was no plumbing, no electricity and certainly no cars, even those were a luxury. Today he's a high-performance running coach and a three-time Canada national road race champion.

♦ ♦ ♦ ♦

Jaleta was the first generation in his family and his village to attend school. In rural Ethiopia, education was a rare gift. Though they were uneducated, his parents saw the value in sending their sons to school.

Every morning, Jaleta would run the 16-to-18 kilometers to attend grade school, and after his lessons, run it back home again.

"It was very beautiful. We walked through fields and (other) people and wildlife and lions, zebras and cheetahs just ran past beside me," he said of his commute to school and back.

After he finished Grade 6, his parents told him it was time to come home to their village and stop attending school. Jaleta knew he was destined for a lifetime of hard labor on the farm. He desperately wanted to continue his studies but the nearest high school was several weeks away on foot. Jaleta thought his education was over until his uncle offered him a place to stay while attending high school.

Knowing his parents would not approve, Jaleta ran away from home.

He grew up wanting to be a soccer player and it was on the soccer field that his high school gym teacher first recruited him to distance running. Jaleta was encouraged to attend a school track meet. At his first event he placed third — without shoes.



Ted Jaleta (center) and his Jaleta Pacers running group. Jaleta has been the National Canadian Masters Road Race Champion three times. BRIGGS PHOTO BY WILFRED HILL

Helping people to reach what they want to achieve and working to that goal, I love it.

—Jaleta

Advertisement for Jaleta's business, featuring a photo of a person running in a park.

From there, his star began to rise. He went to regattas and was, then provincials and then to nationals winning all his races along the way. He made the Ethiopian national team and was being groomed as an Olympic like his dad, two time Ethiopian gold medalist Abebe Bikila.

"(Mekide) came and spoke at the school and he said 'I want to be like him'." Jaleta said. "He ran barefoot and won the Olympics. I said 'Wow, I want to be like him.'"

But Jaleta's path to the Olympics was not short when civil war broke out in Ethiopia in the early 1970s.

Jaleta always knew there was resentment of the monarchy in his country even from a young age. Ethiopians wanted land reform, freedom of speech and a basic democracy, he said. In mid-1970s, the military regime took over and imprisoned the Ethiopian monarchy. Jaleta was a university student participating in a peaceful protest when the military opened fire. He was shot and labelled a traitor. He woke up in prison. He spent six months there and was tortured before he managed to escape.

Continued on Page 12



Top: Jaleta competes in the Queen City Marathon in Regina in 2013. PHOTO COURTESY OF JIJA BEAM PHOTO

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(Ted's) been through a lot and some people might be bitter and have gone another route but he took that experience and made it into something good. — Mary Jo Jalela



As a motivational speaker, Ted Jalela has taken his journey story to audiences throughout Southwestern Ontario, sharing his experiences.

"It was a terrifying experience," Jalela said. "And even when I went back in 1995 for the first time after the government changed, I had flashbacks. I couldn't even sleep at night." Jalela remained in hiding in Kikinda for two years before making it to the border. He stayed in refugee camps, first in Sudan and later in Kenya.

Finally he caught a break. Jalela was sponsored by the Canadian government, given an interest-free loan for airfare and landed in Regina in 1985.

When Jalela found out he qualified for the refugee program and was coming to Canada, he said it was like coming from hell and going to heaven.

He knew it would be difficult when he arrived here, but he was able to experience freedom.

As a trained graphic artist, Jalela was able to find a job quickly but adjusting to social norms in Canada proved to be a little more difficult. He was fired from his first job.

"I just got to nervous and apologized for no reason," he said. "Only boss called me in the office and he said, 'I think you appear mentally troubled. You need a psychologist, self assessment and I have to let you go.'"

The layoff stunned him. He began working odd jobs before landing a position working nights at a photo copy business.

He also began running agencies which he hadn't done since he was running his life in Ethiopia.

In the refugee camp, Jalela had picked up smoking. After moving to Regina, he continued the habit. He would sit on the stairs of the Lega office building smoking cigarettes and watching the runners go by.

"And one day I put down my pack of cigarettes and went to Arrey and Mory and put them," he said.

From there, he started training with a running group and returned to competition. After a couple of years, he was back on top, competing across Canada and the United States.

Continued on Page 14

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You have all these elite athletes that were very, very fast and then you had two middle-aged women trying to qualify for Boston. But he has that personality that really put(s) you at ease. — Daphne Bilokury



Bob Juleta (center) and his Juleta Pacers, a distance running group he created to help runners qualify for the Boston and New York City Marathons, and to help improve their race times. (PHOTO BY MICHAEL BELL)

Upon his return to racing, Juleta won the National Canadian Masters Road Race Champion in 2005, 2006 and 2007, among other victories and top 30 finishes. He has since been inducted in the Saskatchewan Sports Hall of Fame and earned the Olympic torch in 2013.

♦ ♦ ♦ ♦

Juleta is now the coach of the Juleta Pacers, a distance running

group he created to help runners qualify for the Boston and New York City Marathons, and to help improve their race times.

Before he started the Pacers, Juleta was coaching track and field at the University of Regina and was contacted by two women looking to qualify for the Boston Marathon.

Hearing heard his name in the media, Daphne Bilokury looked Juleta up in the phone book and asked if he would coach her and her friend.

Juleta was not training any athletes that weren't U of R students at the time, but he invited the women to train with them anyway.

"It was a very intimidating first meeting," said Bilokury. "We have all these elite athletes that were very fast and then you had two middle-aged women trying to qualify for Boston. But he has that personality that really put(s) you at ease."

Bilokury began running with Juleta in 2008 and shared a half-hour

off her time under his tutelage. She qualified for Boston at the Queens City Marathon.

In fact, everyone who has trained with Juleta has met their qualifying times. It's a great source of pride for him.

Helping people to reach what they want is achingly and, working to that goal, I love it. It's not hard work because I'm passionate about it. When someone has a desire to do that I'm excited to be part of their

success."

While some coaches say sit on the sidelines and tell you how to run, Juleta is participating in the work out. Bilokury says:

"That sets him apart. He's running behind and he lets you and giving you tips, and he's always available to you," she added.

Through the Pacers, Juleta has also found a way to give back to the community he's called home for 38 years.

We focus on education and child poverty and I think I'm drawn to that because of how education can change people's lives. — Jaleta

PHOTOGRAPH BY JEFFREY L. HARRIS FOR THE FT. SMITH TRIBUNE



The Jaleta Paces have raised \$80,000 for educational charities. Photo courtesy Jaleta Paces.

Through fund-raising including their annual Royal Road Race, the Paces have raised close to \$80,000. It's been used to set up scholarships at the U of R and to donate to local educational charities including Hope's Home and Region Early Learning Centre. The Paces also raised \$200,000 for Jaleta in 2008.

"We focus on education and child poverty and I think I'm drawn to that because of how education can change people's lives," said Jaleta. "It's the best gift you can give to anyone."

In 2006, Saskatchewan author Debra Driver wrote a national best-seller about Jaleta's life called *Run, Jaleta, Run*. Jaleta had done some motivational speaking but books exploded after the release of the book. He now speaks at events across Saskatchewan.

The year was memorable for Jaleta for another reason: he met his wife, Mary Jo.

"It was funny because when I met him the book had just launched and so when we first

started going out he'd be like 'Well, you'll read that part in the book,'" she said.

Opening up about his past to strangers wasn't easy, but Mary Jo thinks it helped him.

"I know when he first started doing the speaking engagements, I think it was (difficult)," she said. "I can see the progression, not that (it's easier to tell) the story, but I can see how he's evolved even as this last little bit where if a helped him to move forward."

Mary Jo married Jaleta in 2008. Together they have a three-year-old son named Jacob.

"(Ted) been through a lot and some people might be bitter and have gone another route but he took that experience and made it into something good," she said.

That, says Jaleta, who's given out accolades here — more than any awards or medals.

"Winning several medals was good, but I think, I was homeless," he said. "And even getting out of the refugee camp and to recover and have a normal life, I think that's my greatest achievement."

Authentic Amish Cooking



COOKING BOOK: AUTHENTIC AMISH

Ranch Baked Potato Casserole

3 lbs. Baked
Hamburger
2 C. Sour Cream
1/2 C. Milk
4 qt. Potatoes Grated
and Diced

Shredded Cheese
2 lb. 5 oz. Gravy of
Mustard Soup
2 C. Ranch Dressing
1 lb. Bacon, Diced &
crisped

Mix your cheese, milk, mustard soup and ranch dressing together. In a large mixer, dump and ranch of hamburger, potatoes and sour cream; then continue layering until ingredients are all used. Top with crumbled bacon and shredded cheese. Bake at 350° for 1 to 1 1/2 hours.



Almond Pudding Delight

Bottom Layer:
1 qt. Whipped Cream
1 C. Sugar

1 C. Coconut
1/2 C. Brown Sugar

1 C. Flour
1 qt. ph. Shaved Almond

Mix together place in 9 x 13 pan and bake at 350° for 20 minutes. Stir once or twice. Serve 1 1/2 C.

Fluffing:
2 qt. ph. Instant
Vanilla Pudding

8 oz. Cool Whip
2 1/2 C. Milk

Mix pudding and milk until thickened. Fold in cool whip. Pour on top of almond pudding. Sprinkle with shredded coconut for garnish. Refrigerate before serving.



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TIMELINE

The legend of Ken Burton

Ken Burton is an accomplished guitar player, but you won't hear him say it. The lifelong musician prefers to let other players do the talking — though with a bit of badgering, he did concede to an interview. / *By Ashley Martin, with files from Andrew Matze*

1941 Born in Prince Albert.

Age 2 Family moves to Regina.

Age 4 Burton starts playing trumpet, learning from his father Earl.

Age 6 Joins the Lions Band.

Age 12 Joins the Lions Band.

Age 14/15/16/18 at Campbell Collegiate Borrows a friend's guitar and starts teaching himself.

Age 14 Starts a three-piece rock band, Starbuckers.

Age 16 Starts another band, Down the River for three years.

Age 20 Sells all his gear (save for one guitar) and quits playing music in favour of studying business administration and computer science at the University of Regina.

Age 22 Quits university and starts teaching guitar lessons. Through St. Sheno's, later starts taking classical guitar lessons so he can learn a new technique and to read music.

Age 26/1967 Attends the Berkley College of Music in Boston for four months.

1969 Starts teaching at the Regina School Musicians College in Regina, alongside the likes of Jack Sumpster and Dave Chevalier. "It was a full-time work music school. It was very cool."

1970-79 Joins a country band, Black Jack. "I thought, 'Guh, country.' I'd never stepped foot in a country bar and never listened to any country music. And then he told me what they were getting paid a week, which was double or three times what I made with a rock band. So I said, 'As long as I don't have to wear cowboy boots and a cowboy hat, I'm in.' It was a whole new style!"

1993 Goes teaching at the Musicians College. Black Jack folds. Starts teaching private guitar lessons.

1993-99 Plays with the odd middle of the road band at weddings, caterers and the like.

April 29, 2006 Gets into the Calgary at Casino Square. "I spent him 20 minutes before he got up and no song let he just said, 'Follow me.' So we just sat there and followed him wherever he went."

2006 Teaching and recording is supplement his income, which allows him to be able to play with his band, Starbuckers. "The first question was, 'What's your main gig?' Now the first question is who's on the list. You know, 'Oh OK, I've worked with these guys before. This guy's great. This guy's great. This is nothing the matter.'"

2009 Celebrates 20 years in a private guitar teacher.

2013 "Guys, cars were better 25 years ago because if you didn't know how to play a song you sat there and went over and over. I bet I spent a weekend trying to get through 2112 by Rush and doing it all by ear and recording tape over and over. (Now you can't go on the Internet and get the tabs for it.)"

2013 Reluctantly agrees to an interview with Bridges.

Ken Burton started playing guitar at just 40 years ago. BRIDGES PHOTO BY TONY PLESCIE

ON THE SCENE

#CAMERO PRESENTS ENSEMBLE

Rooftop Amazon Hanger was transformed into a stunning event space on March 13 for the Camero Presents Ensemble: A Dinner for Sex and Society.

The 250 guests were greeted with valet parking service before being ushered into an evening filled with food, music, automobiles, dance and fashion.

Purchase lights bounced off the stark white walls, as a spotlight shone on Move N' Soar's aerial artists suspended mid-air. Tables of delectable gourmet food from Saskatoon's finest chefs lined the space, while a pop-up fashion store took up the corner next table. The focal point of it all was a long runway, cutting a diagonal track through the all-hanger where a series of new collections from Saskatchewan designers and boutiques were showcased on the backs of Saskatoon models. The Giff provided a thumping soundtrack for guests who roared on fashion from LBDs to flares.

Camero and the Ensemble board members raised \$40,000 for Dress for Success Saskatoon. The international non-profit promotes the economic independence of disadvantaged women by providing professional attire, a network of support and career development tools to help them thrive in work and in life.



1. Jen Korney, Alissa Bounag and Susan Friesen

8. Laura Dmytchyn and Kent Seidenfeld

3. Leanne Dandane and Michelle Ogden

9. Tracy Scheele and Sharna Short, Mooney

2. Jen Dackiwag, Larrie Dabura, Courtney Helby, Toren Daburi and Jans Hudson

10. Bond-Harwin and Sherry Turanish

4. Chantel Hwang and Michelle Derylova

11. Natalia Apolonia and Jenny Buss

5. Bernice Elliott and Nicole Gaudet

12. Josh Olsen and James Reynor

6. Staff at Ayden Kitchen & Bar

13. McKenzie Hedman and Miranda Young

7. Jenny Galim and Heather MacMillan

**BRIDGES PHOTOS BY
MICHELLE BERG**



ON THE SCENE



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March 20-23, 2014 Prairieland Park



www.homestylesonline.com



SCOTT MCGILLIVRAY
Investor, Contractor,
and Host of HGTV's
"Insurance Property"
SATURDAY 12



DAMON BENNETT
Contractor,
Habitat for Humanity,
Hobbes on Home
SUNDAY 23

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The StarPhoenix



SHOWTIMES

Thursday, March 20, 2014

5:00pm - 9:00pm

Friday, March 21, 2014

12:00pm - 9:00pm

Saturday, March 22, 2014

10:00am - 9:00pm

Sunday, March 23, 2014

10:00am - 5:00pm

ASK ELLIE

Husband's smoking on vacation cause for concern

Q. We went on a week's vacation with a couple my husband grew up with and I've known for years.

They're smokers. It's a non-issue at. My husband quit smoking 18 years ago.

We were hardly at the resort when he asked them for a cigarette. It was shocked, given how inactive most of us are. I only visited my in-laws in front of the other couple. He said it was a vacation thing: just for the week away.

He kept smoking — considerably — along with the other couple on their patio, adjacent to ours. The spot seems nice close with them than with me.

I joined them all at the beach for the entire morning but stayed on the pool's shaded area after hours. They said they'd go out but only came back in the late afternoon.

I promptly told my husband that I wanted to spend time with him too, but he said he preferred the beach.

When we returned home he did not continue smoking. I have no

Ask Ellie



adult sense of smell so I'd know. This was a relief.

I told him I'd never go on a vacation with them again. I am humble that we socialize with them a couple of times a year that how do I get over my animosity towards them?

Still Smoking

A. It's not the friends whose spent your year of comfort and trust. You'd probably believed that your husband's 10 years of not smoking was no aspect of your life together.

Then he made you feel he'd give over to the "other side."

But it was his choice.

However, something about their long friendship triggered a response

in him. Smoking, the beach, freedom, maybe all were associated with their youthful past. Yet, he had/has the control to stop again.

Grow up on him and stop seeing those people as the enemy. Maybe they're not the best vacation partners in that regard, but don't be too busy and excluding about it. He knows what happened as well as you do.

Q. How do I deal with a needy house guest without hurting the friend ship? I'm a home-based mother and must use my phone and computer all day. My mother's staying with various relatives and friends for a week at a time, having left a difficult relationship.

She talks while I'm working, even though I say we'll chat over dinner or when we take a walk during my breaks.

She constantly wants to play me (sneaking for me and supposedly in the background of my phone pictures) or she'll use my cell phone to save money on her

She keeps going over the same details about her problems no matter how many times we discuss it. I'm close to blowing up, with days to go.

Constant Discomfort

A. Remember the old line about houseguests: After three days they smell like fish.

A lot better, but the point is that short visits go easier. Longer ones often bring out undesired traits affecting your home life.

Since it's also your workplace, it was up to you to protect it more carefully in advance, e.g. reminding her that you'd be on the phone a lot, and need quiet.

And that she should plan on time going out on her own while you work.

Blowing up would be unfair and destructive to the relationship as a whole and to her. She's vulnerable, and won't handle it well.

Try to organize her time away and just get through the remaining days. Next time you'll know better.

Q. I've experienced B.D. (breathless dysfunction). I can't have sex with my wife, so I turn away in bed. She's asked me to hug and kiss her but I feel she'll expect it to lead to intercourse, and I'd disappoint her and we'll both feel frustrated.


I started two years ago, at 40. She's younger than me but she had already said that sex was getting painful due to dryness. We saw her doctor; she got hormone shots, used creams, but when I got B.D. I felt it was hopeless.

I don't know how else to handle this.

Awkward Bedtime

A. It's simple. Talk to her. Shift your partner. By turning away, you hurt her; she thinks you don't love her, or that she's failed you because of the dryness.

You're both drawing apart. But by helping her understand what's happened to you, you'll reinforce your bond. Even without sex, kissing, hugging, cuddling, and stroking express love.



**Next week in
BRIDGES**

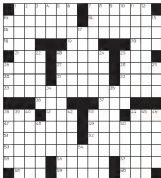
Rookie sensation
Kaitlin Willoughby
helps Huskies
celebrate historic
season

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Word of commendation
7 Commonly torqued
12 Visibly stressed eye
14 One of the red
15 Idiomatic sevens
16 Tramping
18 Open, loose up
19 ... relief
20 Lums or mofos
21 King decision, briefly
23 Maf who saved the
24 Only Art Schachman
25 Inaugural breakfast
26 BS or CF
28 ... Sing Intactable
29 (to) ...
27 Comic fields who was
30 An Ed Sullivan regular
31 "America's best"
32 Deep well to relieve
33 Proper, as some
34 Campbell of "Party
35 Traditional pre-
36 Christmas activity
37 Cartoon drink
38 Mail-out call
39 Hub
41 The First Lady, Abbe
42 One of the World Cup
43 First member listed
44 (to) ...
45 Phase on a pedestal
46 Last book of the Old
47 Testament
48 Clement in chess
49 Express too old for
50 Faded, old, say
51 Briefing, accurately
52 Here with an usual
53 ...
54 Kevlar of Hollywood
55 Buffalo's county
56 Refers to good bowlers
57 National topics
58 K's, alternatives



DOWN

- 1 One operating a loan
2 End of Isaac Newton's
3 Directional ending
4 With a verb ending
5 Place, e.g., for law gts.
6 Most busy, Caesar's
7 Believer that life is
8 Suffer with acerbity
9 It's a summer setting
10 It's about the sugar
11 Hold a drink between
12 Quar and direct, as
13 Common Nascar
14 Letter as a girl's
15 Musical 10
16 Of musical cast
17 They vary according to
18 ...
19 ...
20 ...
21 ...
22 ...
23 ...
24 ...
25 ...
26 ...
27 ...
28 ...
29 ...
30 ...
31 ...
32 ...
33 ...
34 ...
35 ...
36 ...

JANRIC
CLASSIC
SUDOKU

Level: MEDIUM

All in the plane cells
using numbers 1 to 9.
Each number can appear
only once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.
The difficulty level
ranges from Beginner
(easiest) to Silver
to Gold (hardest).



CROSSWORD BY WILL SHORTZ

- 29 They're used at the
end of a series
40 Dog that might be
named Shes
42 Only victory margin
43 Many an urban
44 Second in Highness
45 Quantities, why
46 One on the after-
47 ...
48 Happy tunes
49 To the point, in law
50 Day after being shy
51 ...

Solution to the
crossword puzzle will
be found on page 26

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FASHION YXE

What's your favourite look for spring?
Send a note to bridges@thesaskphoenix.com

SASKATOON FASHION

Dani Mario:

On the air or on the street, she makes fashion look easy

By Jenn Sharp

Most of us don't follow the idea of being broadcast live to homes across the province every night. For some, like CBC's Dani Mario, it's just part of the job. Mario is the newest overnight news anchor for the station and moved to Saskatoon recently to take the position (her co-anchor Jill Morgan is based in Regina.) One of the biggest style changes she's had to make is a shift from a blue-based wardrobe (she looked great against the Regina station backdrop to move out, which works better on the set in Saskatoon.)

Every five years, a wardrobe and style consultant comes in to provide guidance to any of us personally (hair, colour, good—perhaps, bad) but the rest of the time they're flying solo. That's when a style guru for fashion and dressing for the camera comes in handy.

Mario is a baller girl at heart. She solicited Kawachi Vulcan (a 600 cc cruiser) last spring in the hopes of getting something bigger this year. Her favourite off-duty look involves wearing leather pants mixed with feminine touches. The self-described "accessory hoard" collects affordable, trendy pieces from the mix, both on and off. One thing that never leaves her hand is a rad knuckle cluster. It's all topped off by her perfectly angled, anchor, bob that shows off a fine set of cheekbones and enables her to deliver the news with confidence. Nothing distracting looks here.

Mario welcomed Bridges into the CBC's studio in downtown Saskatoon to show us where she keeps her newsies.



OFF DUTY

"This is something I would wear to go out for drinks or to a concert. I really like when you're done work and you're been wearing your baggy pants all day, it's nice to put on a dress and some tights and go out on the town. I like to dress at concerts."

NECKLACE: Forever 21 "I'm unsure for baggy slapping. I'm a Forever 21 junkie, especially with online sales."

JACKET: Forever 21 "It's a pleather. When it comes to leather, and black, I am such a little babe, chik!"

DRESS: Target "I loved it because it had these leather details. I'm a slave to bull patterns in the winter and I loved the idea of bringing in some floral, especially with how long of a winter we have."

BOOTS: "I don't remember where it is from but I love it. It's a two-finger ring that is studded really well so it can actually type and do a lot at work. The best part is my producer—I had it on one day and we were going to an event I said, 'Is it OK if I wear my knuckle cluster?' Our producer said, 'Absolutely! It looks great.'"

ANKLE BOOTS: Forever 21 "They're super easy to wear. Because they're a wedge, I can probably spin laps around the block at night. I love heels and I love shoes. I learned a long time ago that you gotta stand up and put your shoulders back no matter how tall you are. You gotta be in that 10-foot-tall wearing heels for a long time. I did feel a little exhausted if I was going out with smaller heels and out on a date with a shorter guy. But once you start wearing it, it's not that big of a deal."

CBC's Dani Mario in her favourite off-duty evening attire. STYLING: PHOTOFIT MICHELLE KEENE

FASHION YXE

ON-AIR

38 Morgan and Dani Miano co-anchor the 90-minute evening newscast. Miano often picks up the stories the reporters can't get to air, which means she's the show's headlines and making it flow.

"As [news] comes in, someone determines where they go, and you try to fashion it so that it doesn't seem so jarring to jump from one story to the next," says Miano.

And what she wears on air is the finish my touch for her well-oiled newscast.

"It's a totally different world than what you'd want to wear out. Bold, bright colours do wonders. What you think might look good on camera is totally different than what the camera sees. Bold necklace pieces are great. We try our best to have it command without being distracting. You don't want to distract people with zits and zlem and strange patterns."

1. EARRINGS: Forever 21 "It's really fun because they let me bring in a bit of personal style."

2. NECKLACE: La Chetiva "It's difficult to bring stuff on air that doesn't shine and catch all the crowd's eyes [like me]. They're watching TV and stop looking to you and watch this shiny thing blinging in their eyes. There's so cars—like rubbing candle wax on your necklaces to try and cut down the shine. This one doesn't too distracting and sits high on the neck, you can't see your long necklaces because of the shot on TV."

3. JACKET: Forever 21 "I love the cut—it really brightens off the blue [background]. You're a reporter for the last four years, you're not really spending your money on fine-out pieces. You go home most days smelling like house fire smoke. That's a when I bring in the Forever 21 stuff. Lucky for me, there's some really fine pieces from Forever 21 that are trendy and have lots of bright colours."

4. TANK TOP: RW & Co.

5. PENCIL SKIRT: La Chetiva "Tip for the ladies from the [CBC] stylist in Toronto: Tuck your shirt into your pantyhose and [it] never moves. It's brilliant."

6. HEELS: Spring.



Shed colours and watch trends on air for a camera-friendly on-air style with Dani Miano. PHOTOS: PHOTOS BY MICHELLE BREG



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With a focus on the customer's needs, Eyes recently awarded for its own most successful appointment.

The new trend include more for more than 200 new samples made, which can be made into prescription glasses. While the idea may have a new look, it still offers an eye-hat service on most single vision eyewear.

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WINE WORLD

TERRAS DE PAUL

Enjoy not-so-chic wine from Portugal for the taste

By James Romanow

I once brought a wine to a party made in an unidentified nation. That the wine could easily beat all of the wines present in quality and cost about a half of the most expensive on offer was not the point. I was being officially informed that people drink wine for status and to do otherwise was to indicate some kind of mental deficiency.

Also, the other partygoers were unaware that I have been a social pariah since about age nine, so not only was the lesson lost on me, I continued to be my wayward path. To this day I drink wine produced by nations ignored by the majority. Although sometimes this means learning a few words of value, usually the wines are the same as those of more famous locales, and there unexpectedly comes a few extra bucks in my pocket.

My favourite nation at the moment is Portugal. They were making wine when the Romans of England's ancestors were plotting their bloody idea. The Douro valley makes some of the most undisturbed vines known to humanity, and the rest of the country produces "cheap" wine that make angels weep tears of joy.

Terras de Paul comes from the Tago region, not far from the capital Lisbon, where the Tago ends in the Atlantic. Their wines are a World Best mix of spirit, bodega, occasional, cab



ernet, sangria, and slacks. The glass starts with a tremendous aroma of grapes and fruit. The palate glides over the tongue like a figure skater's blade crossing the ice, and the finish is just itself.

At \$15, this wine is a bargain that it is easy to ignore.

Terras de Paul, Portugal. 2014. \$15.99.

More great wines in Monday's paper and on Twitter @jdromano.

Crossword/Sudoku answers

S	H	E	E	N	E	P	A	L
S	H	A	R	P	E	R	I	N
T	U	R	N	I	N	G	T	H
P	T	A		H	O	I		D
T	K	O		S	N	E	L	P
C	L	I	C		T	O	T	I
A	E	R	O		R	O	A	S
T	R	I	M	I	N	G	T	H
H	A	C	E		A	I	C	
I	D	L	I	Z	E		B	S
S	I	L	L	I	C	O	N	
T	E	L	L	I	N	G	T	H
S	U	I	T		E	T	H	A
K	E	S		S	H	U	N	T

2	9	3	6	4	5	8	7	1
7	6	4	3	8	1	5	9	2
1	8	5	7	9	2	4	3	6
5	4	7	1	6	8	9	2	3
8	2	9	4	3	7	1	6	5
6	3	1	2	5	9	7	4	8
3	7	2	5	1	4	6	8	9
4	5	8	9	2	6	3	1	7
9	1	6	8	7	3	2	5	4

BIGGEST CLEAR-OUT EVER

DINING SETS

[illegible]

BEDROOM SUITES

2. BETS & CHANCE

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- Items subject to prior sale
- Previously sold items not included

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MUSIC

Wednesday, March 16

Undercover Punks
Buds on Broadway,
R11 Broadway Ave.

**Kypries w/ Capri, Andrew
Hickson & St. Az**
Vergara Tavern,
R01 Broadway Ave.

Thursday, March 17

Glen Adler
Cockleam Restaurant &
Lounge,
1-1027 Pinchase Dr

Undercover Punks
Buds on Broadway,
R11 Broadway Ave.

Guitar Katana Steve Davies
The Basement,
323 Fourth Ave. N.

**Cover the Nights w/ The
Partials**
Amigos Cantina,
632 10th St. E.

**Spring w/ Comments and
Concrete**
Vergara Tavern,
R01 Broadway Ave.

Friday, March 17

Screamline
Buds on Broadway,
R11 Broadway Ave.

Piano Friday w/ Neil Curtis
Dennis Stone, Steele and the
Riviera
The Basement,
323 Fourth Ave. N.

Shrey
Army and Navy Club,
355 First Ave. S.

Dallas Rye/Rye
Twin Tower Tavern,
3310 Fairchild Dr.

The Standards Trio
Michaels Restaurant,
3100 Eighth St. E.

The Rhythms Inva
Fairfield Senior's Centre
1803 Fairmont Ct.

**Head Hits Concrete w/ Con-
cussion, Deneigebler and
Hercules**

Amigos Cantina,
632 10th St. E.

**Whiskey Songs w/ Charly
Hartle**
Vergara Tavern,
R01 Broadway Ave.

**University Cup Cabaret w/
DJ Charley Hustle**
O'Brien Music Centre,
241 Second Ave. S.

Walt My Friend
Graham House Concert,
121 Ave. S.

Penny Pinch
Piazza Pub & Grill,
1400 Broadway Dr. N.

Tori Ann Strongarm
Starry Place,
108-110 10th St. E.

Saturday, March 17

Screamline
Buds on Broadway,
R11 Broadway Ave.

Vocal Jazz Series: Saxophone
The Basement,
323 Fourth Ave. N.

Shrey
Army and Navy Club,
355 First Ave. S.

Driftwood
Michaels Restaurant,
3207 Louisa St.

Brothers of the Road
Downtown Lebar,
666 Speidel Court. W.

Reyes
Michaels Restaurant,
3100 Eighth St. E.

Unholy Dennis w/ Volume
Kali w/ Insurgency
Amigos Cantina,
632 10th St. E.
Absofinkindly
Vergara Tavern,
R01 Broadway Ave.

**University Cup Cabaret w/
The Hells**
O'Brien Music Centre,
241 Second Ave. S.

Penny Pinch
Piazza Pub & Grill,
1400 Broadway Dr. N.

Tori Ann Strongarm

Star's Place
100-110 10th St. E.

Sunday, March 18

Philip Phillips w/ Twin Parks
TCU Place,
33 23rd St. E.

Driftwood
Michaels Restaurant,
3207 Louisa St.

Islands w/ Escapade
Amigos Cantina,
632 10th St. E.

Tuesday, March 19

Thank YRT
TCU Place,
33 23rd St. E.

Flirties
Buds on Broadway,
R11 Broadway Ave.

**Motorhead Speakers and
CPCR presents Gensik**
Cars, Wicks & White, Powder
Blue and DJ Loui Pende
**(RUM) w/ live videos from
Painted Nails Productions**
Vergara Tavern,
R01 Broadway Ave.

ART

Model Art Gallery
Until March 20 at 930 S. 30th
Ave. C Contemporary
Drawings from the National
Gallery of Canada, and Tracey
Mason: Works of Intimacy
and Cabaret of Curiosity

Reyes
Michaels Restaurant,
3100 Eighth St. E.

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3100 Eighth St. E.

The Gallery Art Placement
Until March 21 at 228 11th
Ave. S. Work by new gallery
artists: Josh Cuthand and
Lyrene Cuthand.

Le Belle
Until March 21 at 123-106
Fourth Ave. N. Pats-Paint,
paintings by the artist group
ART99.

The Gallery Art Placement
Until March 21 at 228 11th
Ave. S. Work by new gallery
artists: Josh Cuthand and
Lyrene Cuthand.

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Kiv Jordan Schwab
offering on Double Negative by
Michael Heiser, and Kiv Jordan
Schwab, Twin Towers. Kiv
Jordan Schwab and Michael
Heiser, a documentary about an
art collection, until April 16.

Centre East Gallery
Until April 16 at The Centre,
a display by the Heather in
School Industrial Arts in The
Royal Gallery work by the
Bridge City Needleworks Guild.

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WOMEN'S

Darleenback Canada Centre
Until June 9 at 101 Darleenback Dr. A Queen and Her County. This exhibit commemorates the Diamond Anniversary of our Majesty Queen Elizabeth II from a variety of Canadian perspectives.

FAMILY

Forest and the Veggie
Wednesday at the Farmers' Market at 10 a.m. Let children stamp and draw pictures. For parents with children ages 16 months to three-and-a-half years old. Admission is free with a supervised donation to Virginia Veggies for Youth. Bring a mat and a snack.

Stars and Strippers
Wednesday, 1 p.m., at Centre Churches in The Cairns. Choice of two movies: *Rocky* or *Grease*. A kid-friendly environment with loved ones. Free admission. Refreshments and prizes available.

Data Night Movies for Mothers
Third Wednesday of each month, 7 p.m., at The Royal Theatre, 320 10th St. W. A date night when parents or grandmothers can bring the baby along. An infant-friendly environment with individual sound, change tables, bottle warming, and stroller parking. With door prizes and membership cards.

Stargazing with Telescopes
March 19-21 at 7 p.m. in the Skyway. Colorado altitudes winter and all things spring. With a selection of original songs great for singing alone.

Parent and Toddler Skating
March 18, 20 p.m. to 3:15 p.m., at Ardara Arena, March 20, 2:30 p.m. to 3:15 p.m., at ACT Arena, March 21, 2:30 p.m. to 3:15 p.m., at Centre Arena and Lions Arena.

Infant Massage
Wednesday, March 16 to April 16, 11 a.m. to 12:30 p.m., at 238 Third Ave. S. A five-week course taught by certified

Infant Instructor Susan Hints. Each class has a specific focus to teach parents how to safely and effectively massage their babies. Register at www.infantmassage.ca or 306-263-0852.

Learning for Kids
March 18, 7:30 p.m. to 9:30 p.m., and March 22, 1 p.m. to 3 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. A prenatal seminar for first-time expectant parents. Register at www.pregnancyforlife.ca. For information call 306-244-1666.

Fun Factory Indoor Playground
Daily at 1638 Quebec Ave. A giant indoor playground for young children. Adults and children under six years old must be accompanied by a parent or guardian. Free admission. Refreshments and prizes available.

Children's Day Canteen
Daily at Lawson Heights Mall. A fun, safe, environment for pre-school aged children to play. Refreshments and prizes available. Free admission. Refreshments and prizes available.

Market Mall Children's Play Centre
Daily from 10 a.m. to 6 p.m. at Market Mall. This play area is free and has different indoor activities. Children must be accompanied by a parent or guardian. Free admission. Refreshments and prizes available.

Seasonal
Thursday, 5 p.m. to 10 p.m., October to May, at Emmanuel Baptist Church, 1638 Ardara Dr. Indoor supervised recreation for kids ages 6 to 12. Free admission. Refreshments and prizes available.

Drop-in About Teaching Group
March 20, 5 p.m. to 7 p.m., May 22, June 19, 5 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Hosted by Living Skills, Living Well.

A support and chat group to learn and mingle with other mothers or soon-to-be mothers.

Movies for Mommies
Thursday, 1 p.m., at Rainbow Cinema in The Cairns. An infant-friendly environment with refreshments, change tables, bottle warming, and stroller parking.

Great Ties Day
The first and third Thursdays of each month during the school year at St. George's Anglican Church, 635 Ave. 1 & 3. A free men's and boys' tie-dye event. Call 342-7973.

Shop 'n' Stroll
Friday, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes of all ages welcome. A ready-to-wear event with a healthy dose of socializing. Free admission. Refreshments and prizes available.

Coffee Time for Moms
Friday, 10 a.m. to 12:30 p.m., at 1638 Quebec Ave. Mothers enjoy a free cup of coffee while children play in the playground.

Baby Talk at 54L
Friday, 10:30 a.m., at 54L, 1030 Central Ave. Mothers enjoy a free cup of coffee while children play in the playground.

World Storytelling Day: Monarchs and Dragons
March 22, 2 p.m., in Kew Gardens. A free event for children ages 6 to 12. Free admission. Refreshments and prizes available.

World Storytelling Day: Monarchs and Dragons
March 22, 2 p.m., in Kew Gardens. A free event for children ages 6 to 12. Free admission. Refreshments and prizes available.

An Overlaid Story
March 22, 2:30 p.m., at

the Western Development Museum. An afternoon of musical discovery with kids in the choir. The Saskatoon Symphony Orchestra's Family Concert Series. Featuring works by Mendelssohn, Mozart, Beethoven, and Schubert. With conductor and narrator Richard Gendall, violinist Keith Chan and flutist Jennifer Gendall. Free admission. Refreshments and prizes available.

Moms Night Out
March 22, 7 p.m. to 10 p.m., at St. Paul's United Church, 156 1st Ave. W. Hosted by Mommy Connection. A night out for moms. With refreshments, a photo booth, massages, a silent auction, a raffle, a fashion show, a magic show, a refreshment, a wine and cheese. A portion of proceeds will go to the Saskatoon Friendship Inn. Visit www.mommynightout.ca for more information.

Something as Simple as Sunday
Sunday, 2 p.m. to 4 p.m., at the Market. A free event for children ages 6 to 12. Free admission. Refreshments and prizes available.

Kitchen Day at the Museum
March 23 at the Children's Museum. A free event for children ages 6 to 12. Free admission. Refreshments and prizes available.

Parenting Tips
March 23 at the Children's Museum. A free event for children ages 6 to 12. Free admission. Refreshments and prizes available.

Parenting Tips
March 23 at the Children's Museum. A free event for children ages 6 to 12. Free admission. Refreshments and prizes available.

postpartum. No class on still holidays. Register at www.mommyconnection.ca.

Prenatal Yoga
Monday, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Strengthen your body and mind in preparation for birth. Taught by a doula and certified yoga teacher. Refreshments and prizes available.

Drop-in Playground
Monday to Friday through May, 9:30 a.m. to 10:30 a.m., at Hark Park Senior Centre, 218 1st Ave. S. An indoor public playground with slides, a climbing wall, a sandbox, and a picnic table. Free admission. Refreshments and prizes available.

Bibb's Bobb's Bob's
Monday to Friday, 10:30 a.m. to 6:30 p.m., at 1030 Central Ave. A free event for children ages 6 to 12. Free admission. Refreshments and prizes available.

Playgroup
Tuesday, 10:30 a.m. to 11:30 a.m., at 1030 Central Ave. A free event for children ages 6 to 12. Free admission. Refreshments and prizes available.

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YVCA

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OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridgeto@chrisandsteph.com. One winner will be chosen each week.



Last week's contest winner is **Jacey Marshall**. Thanks to everyone who submitted entries.



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GARDENING

LOCAL GARDENING TIPS

Hardy but underused ornamental grasses

By Sara Williams

With the melt on, it's high time to really start thinking about gardening instead of just dreaming about it. Start to start the year off, why not try something new in your garden: ornamental grasses. Grass is not just for the lawn — many are beautiful and add a unique texture, sound and color to your landscape.

Ornamental grasses can fill a number of niches in our landscapes. Depending on the grass, they can be used individually as specimen plants, massed in perennial or mixed borders as ground covers, to stabilize a bank or slope, and even as pond plantings.

In terms of general care, many of our gardening friends who have successfully tested species and cultivars a bit out of the ordinary, recommend purchasing larger plants so there may be more history to survive a first winter. Plant, transplant and divide grasses as early in the growing season as possible. Know their sun, shade and moisture needs and place them accordingly. Cut them back in early spring before growth resumes. Some start growing so soon in the north, depending on you need to be quick or you'll be cutting the new with the old. If you're unsure of its hardiness, place it in a protected location where snow accumulates.

All of the grasses described here have overwintered in Saskatoon gardens for several years.

Spear grass, Silver spike grass (*Amphicarpus catherinae*, ssp. *Silpa catherinae*)
Native to higher elevations of the Pacific (Montana and Alaska), spear grass is clump-forming, dense, and tufted. The narrow, grey-green leaves are arching and 60 to 75 cm in height.

A cool-season grass, it produces large, leafy silver-green flower spikes in tall ears in summer with the seed heads tawny-brown in fall. It is a bit floppy but stands up to winter. It's hardy and a good plant for the perennial border! Place it in full sun as well-drained soil. Propagate by seed



A mixed planting of *Carl Foerster feather reed grass* forms a stunning backdrop to tall-lark plants in the foreground. *Amphicarpus* COURTESY BOB LOHMEYER

or division.
Yellow or golden foxtail grass (*Alopecurus pratensis* 'Virens') ssp. *A. p. nanusvirgatus*)

This is a clump-forming, mound-like grass, somewhat tufted, native to Eurasia. The foliage varies from bright green with yellow longitudinal stripes to almost solid green or solid yellow depending on how yellow in full sun. At 45 cm tall, it flowers early with small, brown, bottle-brush type flowers (some cut at back after flowering so it looks better in mid to late summer). Of early bloomers, it spreads slowly

by rhizomes and does well in sun to partial shade and in a wide range of soils as long as there is even moisture. Propagate by division as the variegation does not come true by seed.

Karl Foerster feather reed grass (*Calamagrostis canadensis* Karl Foerster) is the best grass for general gardens.

It's relatively hardy well behaved, fragrant and beautiful, and with its classic landscape value. You can't ask for more! A natural hybrid of *C. epigeios* and *C. arundinacea*, it was selected by and named after German landscape architect, Karl Foerster.

The seed is sterile, so unwanted seedlings are never a problem. A clumping grass,

in spring and summer the foliage is bright green to about 1 m. It produces pink flowers in late summer that turn buff in fall and look great all through the winter, moving gracefully in the wind. It tolerates a variety of soils, in full sun to partial shade, but is at its best with adequate moisture on well-drained soils.

Overlook a similar to Karl Foerster but with vertical creamy white variegated stems. It is less robust and a bit

smaller (30 to 75 cm) but perhaps more shade tolerant.

Andropogon is very similar to *Andropogon*, but with more green (it has a wide white band in the center of each blade), and a little taller (75 to 100 cm). It produces silver-tan plumes in midsummer. The white flower-heads later turn pink and produce tiny seed heads.

The *calamagrostis* provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca) — *Andropogon* (www.saskperennial.ca)

READ MY BOOK

◆ ADAM POTTLE

Disability is a philosophy for Dexter Ripley

Disability has been with me from the start. I was born with a hearing impairment in both ears. My uncle on my mother's side acquired a brain injury at a young age and has been in a wheelchair for most of his life. Over the years, disability became an obsession.

In the course of my academic research, I've noticed that very few authors place disabled characters at the centre of their narratives. In fiction we usually find disability on the fringes, built into minor characters with little or no depth. As a result, disability gets something of a bad rap.

I decided to write books that place disability front and centre. Hence my novel *Mantis Dreams*. The Journal

of Dr Dexter Ripley (Mantis Dreams) is many things: a blistering satire, a humorous personal narrative, and an absurd philosophical novel, borrowing largely ranging from academics and political correctness to Greek and Latin. It tells the story of a character on English grounds with a condition called Charcoal Marie Youth disease, a degenerative muscular condition that gives him tremors and causes scoliosis in his spine. The author of his first issue



Adam Pottle

and become rigid, so he uses a wheelchair to move him the pain of walking.

But unlike most disabled characters in literature, Dexter Ripley does not see how disability is a negative thing. In his view, the discomfort disability inflicts allows him to see how people really are. The Dexter disability is not merely a physical, mental, or intellectual, or emotion

of condition, it is a philosophy, a way to generate meaning and see the true depth and shallowness of humanity

Dexter is not a likable character. He may offend some of you. He makes several excellent jokes and tongue-bakes just about everyone in sight. Some of you may not know what to make of this book. Some may be puzzled by its premise: "Disability is a philosophy." Get the hell out of here! But after reading *Mantis Dreams*, I hope you will try to see disability in a different way.

Adam Pottle's book of poetry Mantis Dreams was shortlisted for the Alex Young Award, the Saskatchewan event Book Awards, and longlisted for the ReLit Award. Pottle currently lives in Saskatoon, where he is pursuing a doctoral degree in English literature. *Mantis Dreams* (Coffin Press, 2010) is his first novel.

LOCAL AUTHORS:
Writers tell us what makes their book worth reading

Mantis Dreams

by Adam Pottle



Adam Pottle

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